



The Healthy Ireland at your Library service is available in all local libraries across the country.



Health Information

Guidance on access to information.

Books on Health & Wellbeing

Large collection of books on health & wellbeing.

Online Health Information

E-books, e-audiobooks and e-magazines.

Programmes and Events

Talks, discussions and workshops relating to various health & wellbeing topics



For further information and to provide feedback, go to www.librariesireland.ie



Healthy Ireland at your Library



Healthy Ireland at your Library



Leabharlanna Phort Láirge Waterford Libraries

Healthy Ireland at your Library

Waterford Programme of Free Events Jan. - Mar. 2018

For further information and to provide feedback, go to www.librariesireland.ie





Affordable Childcare and You

Parents/Carers Info. session with the Waterford Childcare Committee
Carrickphierish (Ph. 0761 102696)
Tue. 23 Jan. at 10.30am

Family Yoga

With Claire O'Sullivan
Dungarvan (Ph. 0761 102141)
Sat. 27 Jan. at 12pm & 2pm
Kilmacthomas (Ph. 051 292470)
Thu. 1 Feb. at 3.30pm

Healthy Eating

Talk by nutritionist, Jemma Kehoe
Carrickphierish (Ph. 0761 102696)
Tue. 6 Feb. at 11.30am

Talk by nutritionist, Barbara Boland
Tramore (Ph. 0761 102594)
Fri. 9 Mar. at 11am

Women's Health

Talk on the perimenopause and menopause by Melanie Dale, Lic.Ac.
Portlaw (Ph. 051 387402)
Fri. 23 Feb. at 2pm

Gymboree

Music, play and dance for parents and toddlers in the Library!
Dunmore East Tue. 6 Feb. 11am
Brown's Rd Wed. 7 Feb. 11am
Portlaw Thu. 8 Feb. 3.30pm
Ardkeen Fri. 9 Feb. 11am
Kilmacthomas Thu. 15 Feb. 11am
Lismore Thu. 15 Feb 11am
Tallow Fri. 16 Feb. 11am
Cappoquin Tue. 13 Mar. 11am

Breakfast Meditation

With Aisling Murphy Wall
Tramore (Ph. 0761 102594)
Fri. 2 Mar. at 10am

Guided Walks

With historian, Ray McGrath
Meeting at Dunmore East Library
(Ph. 051 383211)
Sat. 24 Feb. at 10am

With naturalist, Paddy Dwan
Meeting at People's Park and finishing at Central Library
(Ph. 0761 102975)
Tue. 27 Mar. 10am

Sugar Connection Clinic

With David Casey from Decare Wellness
Brown's Rd. (Ph. 0761 102614)
Fri. 9 Mar. at 10am

Sensory Play

Sensory food play for toddlers with Eilis O'Toole.
Dungarvan (Ph. 0761 102141)
Sat. 24 Feb. at 10.30am
Lismore (Ph. 0761 102377)
Fri. 2 Mar. at 2pm

Parenting - Facts of Life / Cyber Safety

Talk for parents on the facts of life & cyber safety for tweens.
Ardkeen (Ph 0761 102755)
Tue. 6 Mar. at 6.30pm

A Very Hungry Caterpillar

Drop-in storytime for 3 yr- 5yr olds with Eilis O'Toole.
Tallow (Ph. 058 56347)
Fri. 16 Mar. at 2pm
Cappoquin (Ph. 058 52263)
Tue. 20 Mar. at 2pm